



Desert – no Sugar

Ingredients:

- 3 mashed bananas
- 1/3 cup applesauce
- 2 cups oats
- ¼ cup almond milk
- ½ cup raisins
- 1 tsp vanilla
- 1 tsp cinnamon

Directions:

1. Mix all ingredients well.
2. Bake at 350 degrees for 15-20 minutes

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>